

In our last letter we presented to you Thierry's farm where we are still. And you were quickly told that there was a **biodynamic** vegetable garden. Have you ever heard of biodynamics?



I imagine that with this name you probably say to yourself that it is organic farming so without chemicals ... and it is true.

But biodynamics is not only organic, it is also an agriculture that **is linked to the moon, the stars and the planets.**



On this property we have on one side, Thierry, a specialist in astronomy and astrology and on the other side, Diego, a specialist in biodynamics. The perfect meeting of two people passionate about the cosmos and what surrounds us. Thierry built two domes near the vegetable garden to show the position of the stars and constellations.





In these domes there is no telescope to observe the stars but constellations drawn on the ceiling. You can still watch the stars at night in the garden.



Let's go back to biodynamics. Hang in there because it's a fairly complex and unusual type of farming. We will try to share with you what we learned during the workshops with Diego on this subject.



Biodynamics places great importance on the rhythm of nature and the influence of the stars.

Initially, biodynamics (like any organic culture) uses organic materials present on site as much as possible. Here no chemical fertilizer but compost made with household food waste and animal excrement (chickens, sheep, horses).

We make small "homemade" preparations to enrich the soils, consisting of cow dung and water that must be mixed by hand (better efficiency).

Kalima loves it!





No herbicides for weed control but a good helping hand! For weeding we return to natural methods. A little elbow grease rather than chemical herbicides!



And no insecticides nor fungicides but plants to treat other plants and protect them from diseases and insects.

For example, when growing carrots next to leeks, the smell of the carrot will scare away the insect pests of the leek and the leek will scare away the fly and the aphid from the carrot. They protect each other.



But biodynamics goes further and uses a very specific calendar, which is of the planets and the lunar cycles (full moon, increasing and decreasing moon, etc.). The moon revolves around the earth; the earth as well as all the planets of our solar system (Mercury, Venus, Mars, Jupiter, Saturn, Uranus, Neptune, and Pluto) revolves around the sun. The position of these planets thus changes over time relative to the earth.





Biodynamics considers that the moon and the planets have an influence on the earth, soil, plants, crops etc.

Strange at first glance but not that much if you know that it is the moon which creates the tides of our oceans, so why not imagine an influence on the plants which are mainly made up of water?



While the astrologer considers that the planets have an influence on man, the farmer considers that the planets also have an influence on the plants which he cultivates. He will therefore look at the calendar of the stars to know when to plant, when to put compost, when to harvest etc.

And you what do you think?



To come back to earth, we made our own BREAD for the first time this week! A little yeast, wheat flour, water, a pinch of salt and you're good to go.





So there's a bit of yeast missing, probably because it was quite compact, but we really enjoyed ourselves.

See you soon for new adventures!

Sylvain and Kalima

Written on 01/26/2020